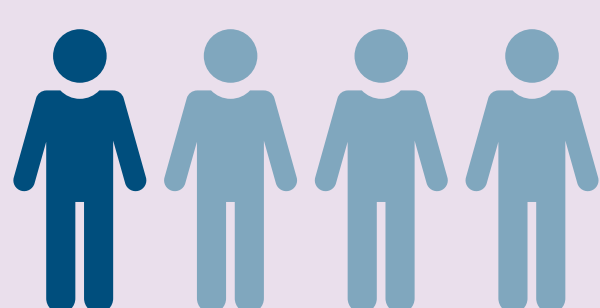
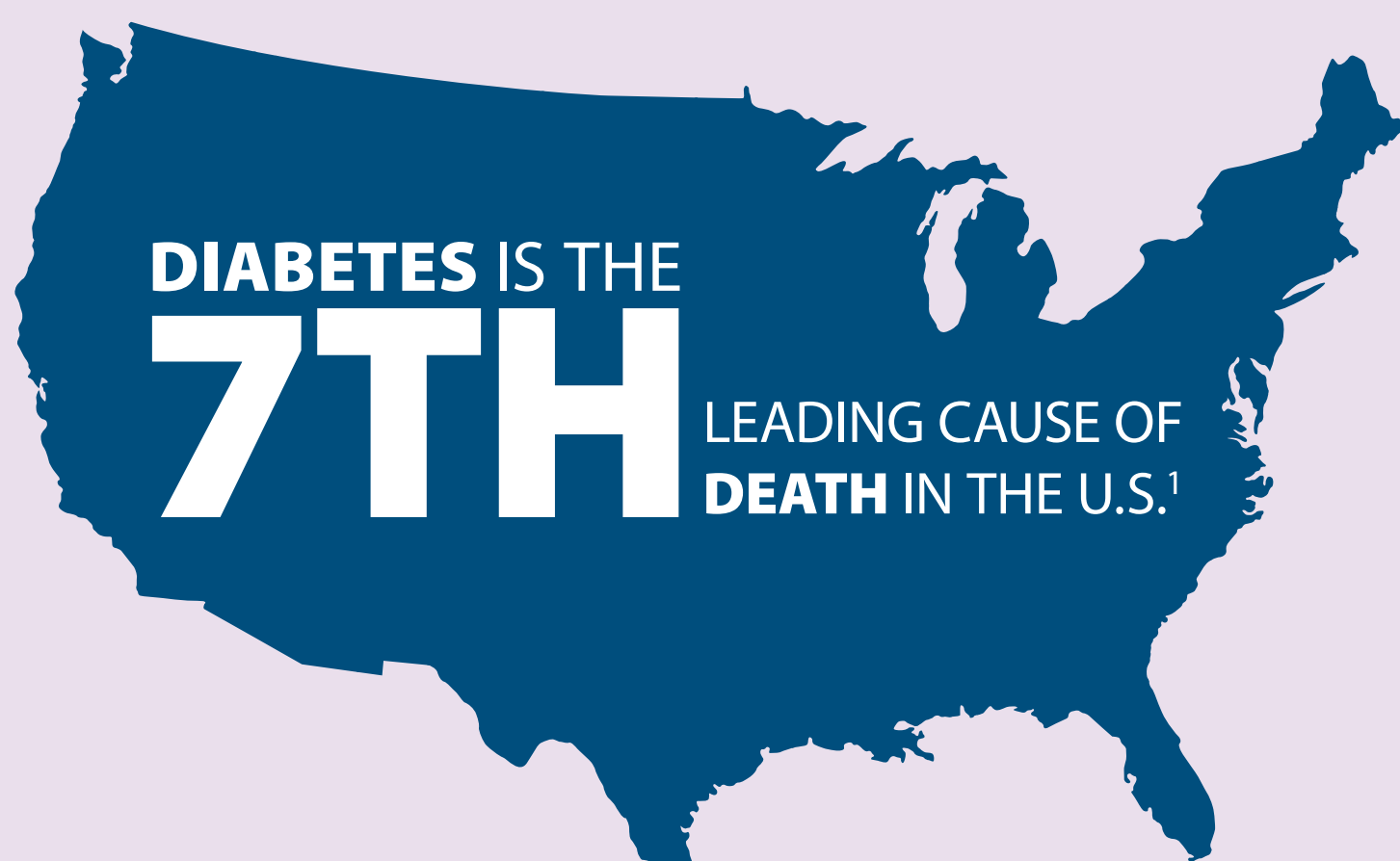


HOW DIABETES AFFECTS OLDER ADULTS



1 out of 4

people over the age of 65 has diabetes.¹

Older adults with diabetes:



Are **2 times** more likely to develop dementia than older adults without diabetes²

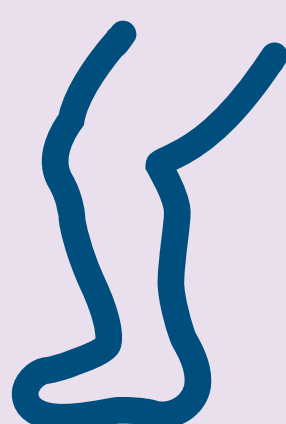


1 in 5 has vision problems²

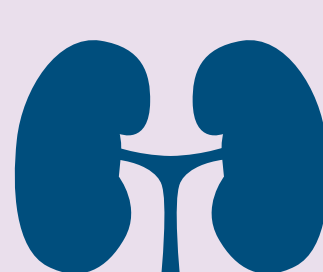
Complications from diabetes:



Adults with diabetes are nearly 2 times more likely to die from **heart disease or stroke** than adults without diabetes.¹



Diabetes is the leading cause of non-traumatic **lower limb amputations** in the United States.¹



1 in 5 people with diabetes has **kidney disease** and it's most common in older adults over 70.³

People with diabetes over 75 years are 2 times more likely to visit the emergency room for low blood sugar than the general population with diabetes.²



2 out of 4

people over the age of 65 has prediabetes.¹

Losing weight by being active for 30 minutes a day, 5 days a week and eating less fat and fewer calories prevented or delayed type 2 diabetes most effectively in adults over the age of 60 at high risk for type 2 diabetes.⁴



If you have Medicare, check to see how your plan covers screening, exams, supplies, and care related to diabetes.

To learn more about diabetes in older adults, visit **www.YourDiabetesInfo.org/OlderAdults**

1. Centers for Disease Control and Prevention: National diabetes statistics report: estimates of diabetes and its burden in the United States A, GA: U.S. Department of Health and Human Services; 2014.
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3. Centers for Disease Control and Prevention (CDC). National Chronic Kidney Disease Fact Sheet: General Information and National Estimates on Chronic Kidney Disease in the United States, 2014. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention; 2014.
4. Knowler WC, Barrett-Connor E, Fowler SE, Hamman RF, Lachin JM, Walker EA, et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med. 2002;346(6):393-403.



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention